



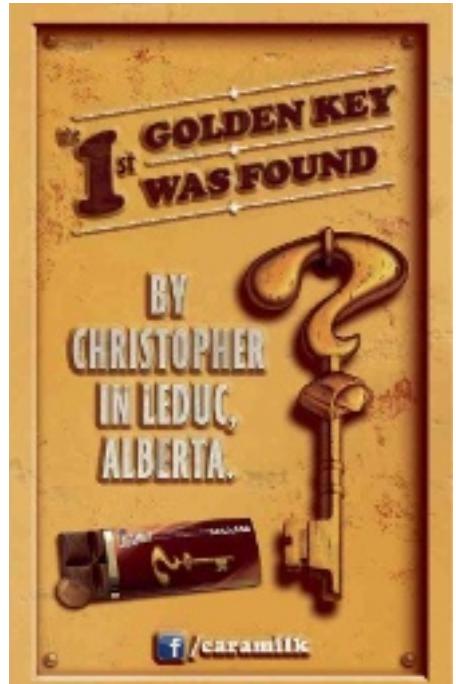
SPA DAY STEAL
AT-HOME FACE AND BODY
TREATMENTS FOR
THRIFTY LADIES {page 15}

OTTAWA CATCHES UP
WITH THE STREET
FOOD TREND
LUNCH RUSH {page 14}



IT'S A BOY!
KATE HUDSON,
FIANCÉ HAVE
HEALTHY BABY

{page 10}



THOSE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for details. 10 Women Keys for a Finder Prize, consisting of (1) a Finder Trip (ARV \$2,620) and (2) a yearly supply of Caramilk® bars (\$100 for 25 years OR one year for \$10,953.75). Odds no less than 1 in 1,630,753. Contest has no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark used under license.

OTTAWA metro[®]

Tuesday, July 12, 2011
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News worth
sharing.

New family health teams

► First multidisciplinary team in Orléans, three more coming to region by end of August

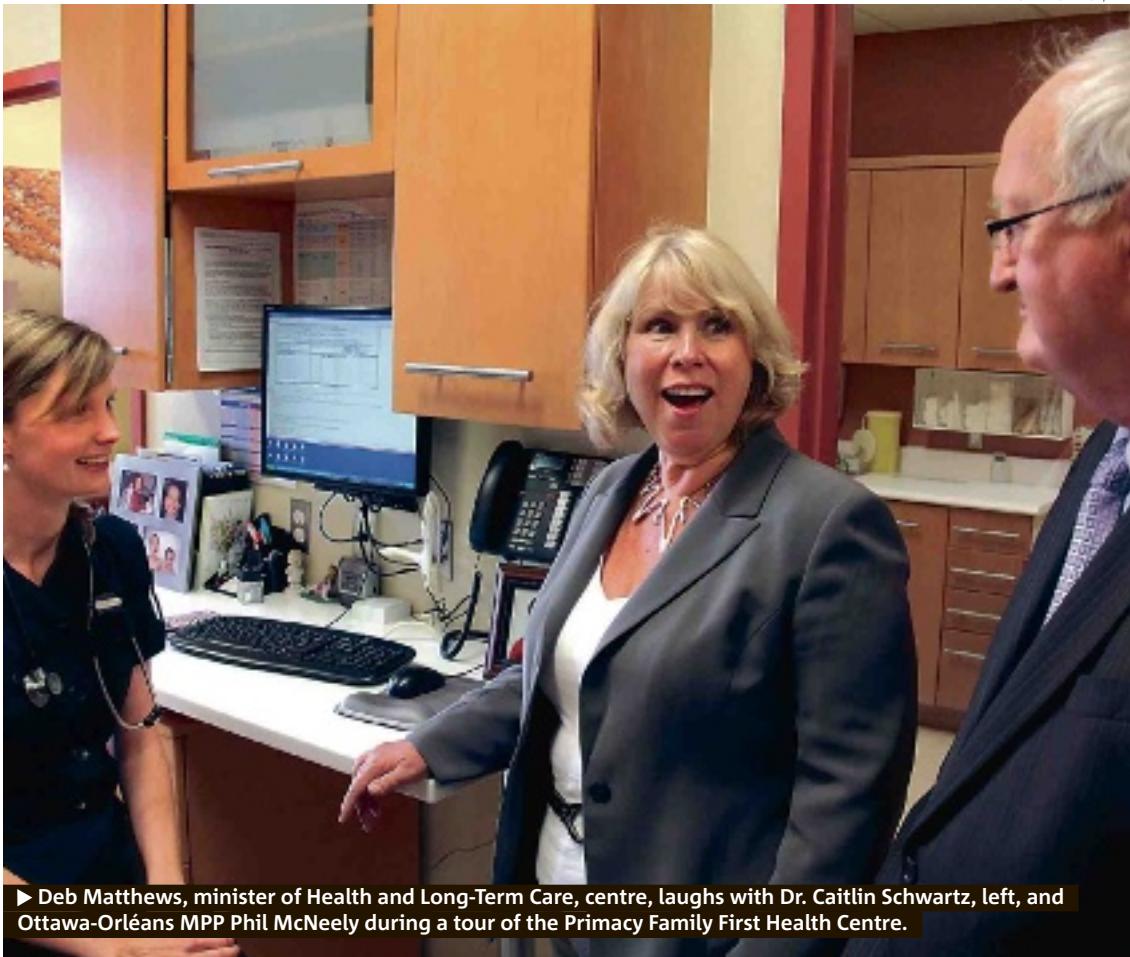
Nine new "family health teams" opening this year in the Ottawa region will mean 18,000 more people will now have access to a family doctor, says Ontario's health minister.

"We've made wonderful progress. 1.3 million more Ontarians have access to primary care, but there are still parts of the province where it is a problem," said Deb Matthews, minister of Health and Long-Term Care, at a press conference where she announced all the new clinics operating with the family-health-team model will be open in the area by the end of the summer.

Matthews made the announcement at a clinic in Orléans on Innes Road that will be converting to the new health-care model. Officials at the centre said they are adding a social worker and psychologist to their team with provincial funding and will accept 2,000 new patients over the coming year.

"It's a very different model from primary care. It's physicians working in a group setting with other health professionals such as nurse practitioners, dieticians and social workers," said Dr. Caitlin Schwartz, the lead physician at a family health team opening in Barrhaven.

● SEAN MCKIBBON



► Deb Matthews, minister of Health and Long-Term Care, centre, laughs with Dr. Caitlin Schwartz, left, and Ottawa-Orléans MPP Phil McNeely during a tour of the Primacy Family First Health Centre.

California

Recalling the horror

- Woman talks about 1991 kidnapping
- Abductor sentenced to maximum 431 years last month {page 6}

Winnie on big screen

Animator talks about Pooh's new flick {page 9}



Getting kids active early

British government issues exercise guidelines for children {page 13}

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- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

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Ontario to offer loans to non-profits

► Province will do a risk assessment on non-profit organizations before lending them money, Infrastructure Minister Bob Chiarelli says



► Acting CEO of the National Capital Region YMCA-YWCA Deirdre Speers, left, Infrastructure Minister Bob Chiarelli and Ottawa Centre MPP Yasir Naqvi hold a press conference announcing that some non-profit organizations, such as the YMCA, will be able to access the Infrastructure Ontario Loan Program.

 JESSICA SMITH
@METRONEWS.CA

The provincial government will now offer low-interest infrastructure loans to non-profit groups, including some that would have trouble borrowing money from the private sector.

Infrastructure Minister Bob Chiarelli announced the change to the Infrastructure Ontario Loan Program yesterday at the Metro Central YMCA on Argyle Street.

"There are many lending institutions that will shy away from it because they don't understand the nature of the business, particularly if it's a small organization." INFRASTRUCTURE MINISTER BOB CHIARELLI

The program offers loans to municipalities, universities and other public sector bodies for infrastructure projects, but will now include non-profit organizations that offer health and social services, supportive housing or sports and recreation programs.

Acting National Capital

Region YMCA-YWCA CEO Deirdre Speers said the YMCA will be applying to the loan program for social housing and recreation programs.

"The government program is much more affordable for us than the open-market loans," she said.

"In a sense, it's flow-through money. Infrastructure Ontario has the capacity to borrow these funds and it flows to the (non-profit) organizations on terms that are better than they would receive in the marketplace, if they could receive them at all," said Chiarelli.

Chiarelli said the government was inspired to expand the program when Wabano Centre for Aboriginal Health recently asked about getting a loan from the program.

Province won't change Cancon rules for Ottawa LRT project

The province won't change a policy that requires Ottawa's LRT trains to be at least partly built in Canada, even though foreign firms have "informally" asked the province to make an exception, Ontario's infrastructure minister said yesterday.

City council will vote on the LRT project Thursday. Part of the financial plan, if approved, is accepting \$600 million from the province for the LRT construction. That means a provincial rule that requires 25 per cent of the trains (by cost) are manufactured in Canada will apply.

"That's what the rule is and that's the way the rule is going to stay," said Infrastructure Minister Bob Chiarelli.

Siemens released a written statement to the Ottawa Business Journal saying, "Only Bombardier has a facility in Canada. All other suppliers will have to ramp up a facility, produce the LRT vehicles, and ramp down the facility."

Chiarelli said the intention of the rule isn't to favour Bombardier or "any one specific manufacturer." He added that he would welcome even temporary manufacturing jobs in Canada.

"If Siemens or any other manufacturer decides to set up temporary manufacturing here, they might just decide to stay here, and they would become permanent jobs."

● JESSICA SMITH

New daycare model doesn't meet greatest need: Coun.

A national child-care company is bringing a new daycare model to the capital — one that recruits corporate clients, which then offer daycare spaces as employee benefits.

Kids & Company held an open house at its new location at 11 Hines Rd. in the Kanata North Business Park yesterday.

The company decided to locate in Kanata in response to requests from local families and businesses, said Victoria Sopik,

300

families are seeking subsidized child care in Kanata North alone.

founder and CEO of the Toronto-based child-care chain.

The firm is planning to open another daycare next spring on Bank Street near the downtown core.

"We really like the

Ottawa area and we're looking forward to opening more (daycares)," she said. "We've seen the huge need."

The daycare will occupy 465 square metres of space in a high-tech office building, offering 60 spaces for children up to five years old.

The demand for child care is growing in Ottawa, said Sopik.

But while Kids & Company will provide more options for parents, it won't

address the area's greatest need for child care, said Kanata North Coun. Marianne Wilkinson.

"The biggest problem we have is kids who need subsidized spaces," said Wilkinson.

The subsidies allow parents to pay anywhere from nothing to \$10 a day for child care, said Wilkinson, with the provincial government paying 80 per cent of the cost and the rest covered by the municipality.



► Kanata North Coun. Marianne Wilkinson

"There's only enough money to subsidize so many children," said Wilkinson. "And they're all used up." KANATA KOURIER



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Investment advisor Allan Small explores the impact of dismal U.S. job numbers on Canadian investors at metronews.ca/investing.

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Statehood vote just PR: Baird

► Says Palestinian state must be result of negotiations

Foreign Affairs Minister John Baird says it would be meaningless if the United Nations General Assembly recognized Palestinian statehood this fall.

Baird is dismissing the Palestinian campaign to win recognition at the UN in a September vote as a public-relations move.

"We think it's distinctly unhelpful to seek a public-relations declaration within the UN General Assembly. Obviously, it would be without any meaning," Baird said yesterday.

Baird noted that only a vote of the Security Council would finalize the matter. "We believe that statehood should be the product of a negotiated permanent peace with security for both the Palestinian and Israeli people."

THE CANADIAN PRESS

Boycott

Baird also confirmed Canada is boycotting the UN Conference on Disarmament because North Korea has assumed the rotating chairmanship.

► "It's absurd, and it's a blow to meaningful efforts at worldwide disarmament," said Baird.

He said he'd be thrilled to welcome a new Palestinian state, but only after peaceful negotiations with Israel. Baird also affirmed the Harper government's unwavering support for the Jewish state, which has sparked criticism in the past.

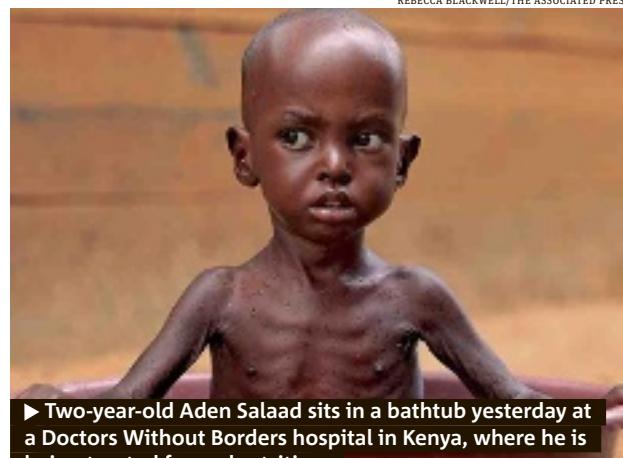
THE CANADIAN PRESS

Drought may be worse than reported: Official

A U.S. official said yesterday he fears Ethiopian officials may be underestimating the country's needs in its drought crisis, even as the government announced that 4.5 million Ethiopians need food aid, 40 per cent more than last year.

The U.S. government aid arm is looking for ways to help the hungry on Ethiopia's side of a three-country drought crisis that is also devastating communities in Kenya and Somalia.

"We are concerned that we are underestimating the situation, especially in the southern provinces," Jason Frasier, mission director of USAID in



► Two-year-old Aden Salaad sits in a bathtub yesterday at a Doctors Without Borders hospital in Kenya, where he is being treated for malnutrition.

Ethiopia, said of that country's food crisis.

Ethiopia's state minister of agriculture, Mitiku Kas-

sa, said yesterday that nearly \$400 million is needed to fill the country's food gap. THE ASSOCIATED PRESS

More than 100 die as ship sinks

An aging cruise ship was severely overcrowded, had a malfunctioning en-

gine and listed to one side before it sank in heavy wind and rain on the Volga river, which is east of Moscow, killing as many as 129 people, Russian officials said yesterday.

River cruise boats are highly popular among

Russian holiday-makers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

THE ASSOCIATED PRESS



► A woman touches the coffin of her relative yesterday among the more than 600 displayed at the Potocari memorial cemetery near Srebrenica, Bosnia and Herzegovina.

ASSOCIATED PRESS/MARKO DROBNJAKOVIC

Massacre remembered as victims reburied

Hundreds of victims of the Srebrenica massacre were reburied yesterday as more than 40,000 mourners looked on — solemnly paying their respects on the 16th anniversary of the worst crime in Europe since the Nazi era. After a ceremony and collective prayer at the memorial centre in the eastern Bosnian town that already contains more than 4,500 graves, survivors and volunteers hoisted 613 coffins wrapped in green cloth to the air and carried them to a field of freshly dug graves.

News in brief

Stun gun found on U.S. plane

SECURITY. Authorities are trying to determine how a stun gun got aboard a JetBlue plane that landed at New Jersey's Newark Liberty International Airport.

A cleaning crew was working around 10:20 p.m. Friday after the flight arrived from Boston and found the stun gun tucked into the back of a seat. Newark FBI spokesman Bryan Travers says there's no indication that an attack was imminent. He says the investigation is focusing mostly on how the stun gun ended up on the flight.

THE ASSOCIATED PRESS

STD resists all antibiotics

HEALTH. Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

The international research team says the superbug strain, dubbed H041, is likely to

transform a once-easily-treatable sexually transmitted disease into a global public health threat. Swedish researcher Dr. Magnus Unemo says the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

Unemo announced the discovery yesterday at a conference in Quebec City. THE CANADIAN PRESS

Transit union wants apology

COMPLAINT. Toronto's transit union is denying reports that a worker urinated on the wall of a subway station in full view of passengers.

The chairwoman of the

Toronto Transit Commission issued a public apology after a rider complained. But Bob Kinnear, who heads Local 113 of the Amalgamated Transit Union, says the report

is "a total fabrication."

He says the worker was just using his cellphone to check on a work assignment and this was verified by an internal investigation.

THE ASSOCIATED PRESS

New York prepares for same-sex marriages, adoptions

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous U.S. state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say. THE ASSOCIATED PRESS

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'But he didn't get all of me' Dugard says

► Jaycee Dugard, who was held captive for nearly two decades, talks publicly for the first time ► Phillip Garrido sentenced to maximum 431 years last month

Jaycee Dugard, the California woman kidnapped in 1991, talked through tears about both the pain and determination she felt as she gave birth to her captor's child in his backyard while she was still just a girl.

Dugard was clear and composed throughout the interview with ABC News' Diane Sawyer on her show *Primetime* that aired Sunday night, but grew emotional when she talked about seeing the first of two girls fathered by Phillip Garrido.

"It was very painful," said Dugard, 31, as tears welled in her eyes. "She came out and then I saw her. She was beautiful. I felt like I wasn't alone anymore. I had somebody who was mine."

"I can still hear it, consciously, when I'm awake. Some sounds and smells just don't leave you."

JAYCEE DUGARD RECALLING THE SOUNDPROOF DOOR OF THE BACKYARD STUDIO THAT GARRIDO SHUT AND LOCKED EACH TIME HE LEFT HER

She described walking to

the school bus stop on the day of a fifth-grade field trip and being zapped with a stun gun on a South Lake Tahoe street at age 11.

She said she heard Garrido laughing and telling his wife Nancy Garrido "I can't believe we got away with it," calling the moment "the most horrible moment in your life, times 10."

Without going into many details, Dugard talked about the long, drug-fueled sex sessions Garrido would put her through, and said that to her great confusion he would cry afterward.

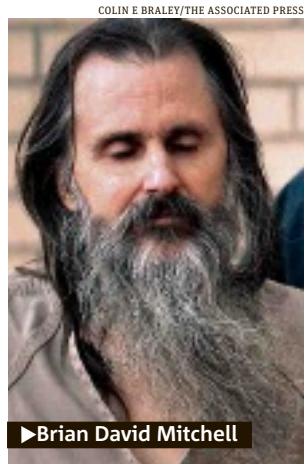
"He would tell me what an awful man he was," Dugard said. She said she would think that despite her own terrible pain, "I have to comfort him?"

Her mother, Terry Probyn, who was interviewed by Sawyer alongside her daughter, said she was full of rage.

Looking at her daughter, Probyn said, "He stole your childhood, he stole your adolescence, he stole your high school proms, and pictures and memories."

Dugard's reply: "But he didn't get all of me."

THE ASSOCIATED PRESS



No appeal for kidnapper

A former street preacher sentenced to life in prison for the 2002 kidnapping and rape of Elizabeth Smart will not appeal his conviction, concluding a case that riveted the nation and focused attention on child abduction.

Lawyers for Brian David Mitchell, 57, could not elaborate on his decision, Robert Steele, Mitchell's federal public defender, told The Associated Press

"It's nice to see the defence do the right thing for a change." ELIZABETH SMART

yesterday, the deadline for filing an appeal.

Steele has maintained that Mitchell, who disrupted daily court proceedings with hymn singing, is incompetent and could not participate in his own defense. Jurors rejected the in-

sanity defence, saying that he knew he was breaking the law.

On June 5, 2002, Smart, then 14 years old, was kidnapped at knifepoint from her Salt Lake City home.

Smart said that within hours of the kidnapping she was forced into a polygamous marriage with Mitchell and raped. Her kidnapping lasted nine months.

THE ASSOCIATED PRESS

Feds won't help provinces with long-gun registries

The federal government says it won't help provinces thinking of creating their own long-gun registry, whether in the form of cash or even records from the soon-to-be-dismantled federal database.

Ottawa reacted yesterday to a report that the Quebec government has a plan to set up its own registry if the federal program is scrapped.

Citing privacy issues, a spokesman for Public Safety Minister Vic Toews said Ottawa would not share records held by the Canadian Firearms Program.

"The information was collected by the federal government for one specific

Scraping it

- With their powerful majority mandate in hand, the Tories outlined their intention to eliminate the long-gun registry in last month's throne speech.
- Their plans have met the stiffest resistance in Quebec, which became a hotbed of the gun-control movement after the massacre of 14 women at Montreal's Ecole Polytechnique in 1989.

purpose where people understood what was going to be done with that information," Michael Patton said.

THE CANADIAN PRESS

SAMSON CREE FIRST NATION

Child shot and killed on Alberta reserve

A five-year-old child has been shot and killed on an Alberta reserve known for its gang violence.

RCMP were called to a home at the Samson Cree First Nation townsite near Hobbema, about 100 kilometres south of Edmonton early yester-

day morning.

Neighbour Shane Saddleback said he heard the pop of four or five gunshots. He believes it was a boy in the home who was killed.

"That's pretty sad," said Saddleback. "And it's going to get worse."

Gangs fighting over the drug trade have long plagued the community, he added. If this was a gang-related shooting, he expects a violent retaliation will soon follow.

"Give it one week," said Saddleback.

THE CANADIAN PRESS

Man lights up a joint at checkpoint

Police in Nova Scotia are scratching their heads over why a motorist would decide to light up a marijuana cigarette within metres of a traffic checkpoint.

RCMP say police were conducting a checkpoint on Wednesday in Yarmouth when the smell of the drug wafted through the air.

Officers approached the car and the man was put through a series of sobriety tests to see if he was impaired.

He passed the tests and was eventually allowed to proceed. No charges were laid.

Brewery honours shot worker

A Halifax brewery is putting out a special edition of its beer in honour of a former employee who died after being shot on his front porch in Nicaragua.

The father of 40-year-old Colin Allin says his son was sitting at his home in the capital city of Managua when two men approached and attempted to take his computer.

He said his son was shot once, and he died in hospital on July 3 from infections related to the wound.

THE CANADIAN PRESS

Independent Internet providers slowing traffic, hearing told

► CRTC reviewing implications of phone, cable giants charging independent web providers for use of networks

Independent Internet providers are significant contributors to network congestion, and the price they pay to large companies should reflect their usage, BCE Inc. told a regulatory hearing yesterday.

Mirko Bibic, a senior vice-president for BCE Inc., said wholesale independent service providers make up 17 per cent of users in Ontario and Quebec and drive 29 per cent of total traffic on Bell's network in those provinces.

"This is significant," Bibic told the Canadian Radio-television and Telecommunications Commission.

"No single user or wholesale customer is the cause

of congestion. But clearly, wholesale users contribute a disproportionate share of total traffic and, by extension, congestion," Bibic said.

The CRTC is reviewing how BCE's Bell Canada and other large network providers charge independent Internet providers for

the use of their networks.

The federal regulator launched the review after a social media campaign against a previous CRTC decision, which would have forced independent ISPs to charge their retail customers for usage above a ceiling — as large providers do. **THE CANADIAN PRESS**

Market moment

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► Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity-storage systems. In the new charging system, electricity is generated through 488 solar cells installed on the roof of the Nissan headquarters building.

KOJI SASAHARA/THE ASSOCIATED PRESS

Recharge at little cost to the world

For Nissan's solar-powered recharging plan to work, four batteries from the Leaf electric vehicle were placed in a box and kept in a cellar-like area of the Nissan building to store the electricity generated from the solar cells. This created enough to fully charge 1,800 Leaf vehicles a year.

Murdoch's companies may face U.S. action

Legal experts said yesterday it is possible Rupert Murdoch's U.S. companies

may face legal actions because of the shady practices at the News of the World, his now-defunct British tabloid.

They said Murdoch's News Corp. might be liable to criminal prosecution under the 1977 Corrupt Foreign Practices Act, a broad act designed

to prosecute executives who bribe foreign officials in exchange for large contracts.

The News of the World was accused of making payoffs to police in exchange for information — a possible violation of the anti-bribery provisions of the act. **THE ASSOCIATED PRESS**

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HOT FLINGS EVENTUALLY COOL OFF

SHE SAYS ...

JESSICA NAPIER
METRO



There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so care-free) lives can be problematic. Just look at what Sandy and Danny went through when they

brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays



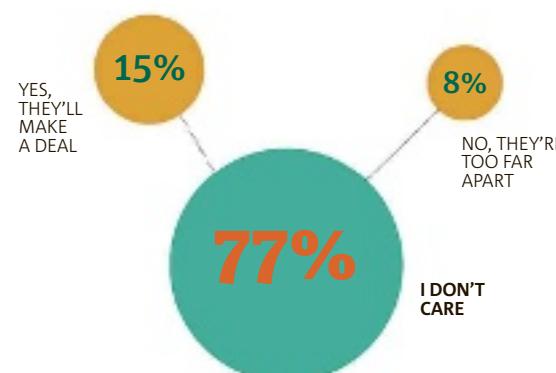
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Register at metropolitanpanel.ca and take the quick poll

Do you think there will be an NBA season this year?



Local tweets



- @metroottawa: We're half way through #bluesfest. Who has been the best act? Send us your reviews!
- @AndrewSoobrian: @riseagainst and @whaletooth were the highlights for me. Each got the crowd going in a completely different way. #bluesfest
- @This_is_Linda: best act by far is the @BrothersDube. They have amazing talent and passion, & they're Canadians! A young band that will go far
- @TheStacey: So is it going

Worth mentioning

MADRID, Spain. Doctors in Spain have carried out the world's first double leg transplant, giving new lower limbs to a patient who lost both legs at mid-thigh in an accident, officials said yesterday.

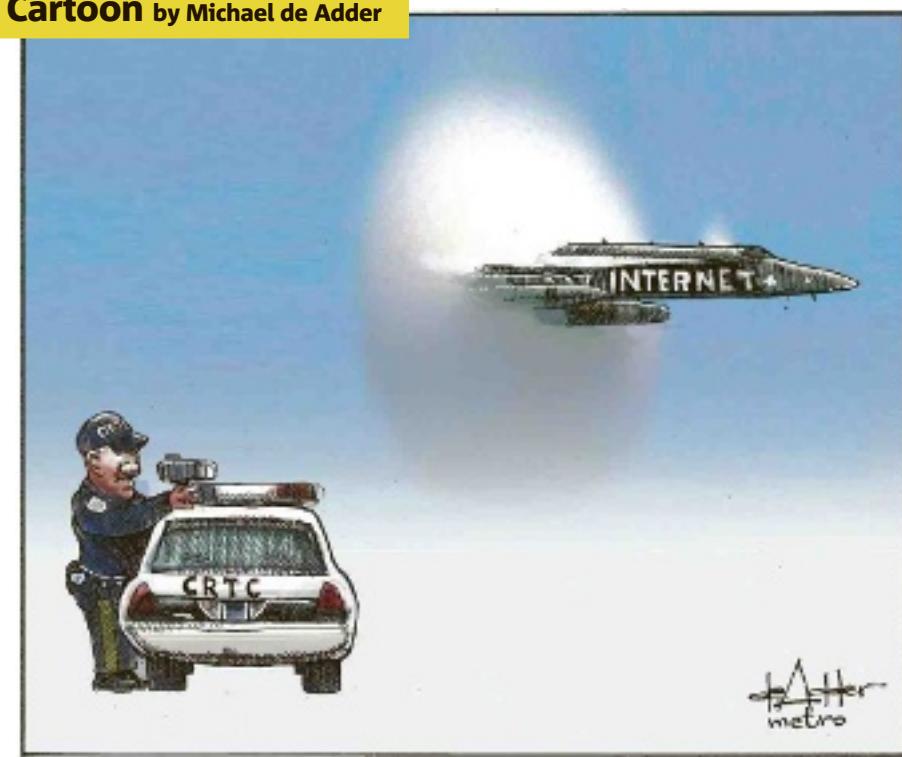
The Valencia regional government said the surgical team was led by Dr. Pedro Cavadas, who, in 2009, carried out Spain's first face transplant — the first anywhere to include a new tongue and jaw.

The government statement said the operation at La Fe Hospital in Valencia was extremely complex and Cavadas will wait at least 48 hours to release more information.

"Today we can say a landmark has been reached," said Dr. Rafael Matesanz, director of the National Transplant Organization. Another official at the organization, speaking on condition of anonymity, would not give details as to how the patient is doing, other than to say if the limbs are rejected this will happen more or less immediately. He added it will be a month or so before doctors know how successful the surgery has been.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son,

JaMichael Brown, ranked among the biggest births in Texas history. JaMichael was born Friday at Good Shepherd Medical Center in Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth. Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. THE ASSOCIATED PRESS





Pooh's chance to shine

► Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ► New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen

 RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.'

He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on Aladdin, Beauty & the Beast and the original Winnie the Pooh shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are



going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to twenty minutes and lost a lot of footage. We put it out as Winnie the Pooh and the Honey Tree

and it did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as A Blustery Day. Which we did and it won an Academy Award the following year."

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the Hundred Acre Woods. The result is Winnie the Pooh, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

Mattinson has another family connection to the

film. The movie's opening moments are live action, featuring a Winnie the Pooh stuffed doll his wife made in 1964. It was set to be used in the 1964 movie, but when it wasn't he gave it to his children.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."



Sheryl Crow



Sheryl Crow is being criticized by a U.S. animal rights group for planning to donate some proceeds from her July 22 concert at a Wyoming rodeo to a wild-horse protection group that's suing the government to halt a big mustang roundup in Nevada. But Illinois-based Showing Animals Respect and Kindness is calling on the Colorado-based Cloud Foundation to reject the donation accusing Crow of hypocrisy for performing at Cheyenne Frontier Days where it claims wild horses are abused.

THE ASSOCIATED PRESS

DVD Releases

Buy it  | Rent it  | Borrow it  | Yawn  | Don't bother 

The Lincoln Lawyer

Genre: Thriller
Director: Brad Furman
Stars: Matthew McConaughey, Ryan Phillippe, William H. Macy


In The Lincoln Lawyer, Matthew McConaughey is bottom-feeding attorney Mick Haller, who tools around L.A. in a chauffeured Lincoln that bears the license plate NTGUILTY. With his shades up and his ethics down, Haller trades his courtroom skills for fast cash, whether his clients

are bikers or bankers.

When Haller hears Beverly Hills playboy Louis

Roulet (Ryan Phillippe) is accused of attempted murder, he senses a fast windfall. Roulet's alibi is sound and his mama has a big chequebook. After some sleuthing, aided by side-kick, Frank, (William H. Macy), disturbing evidence and possible corruption of justice turn up. Pride and the law require Haller to give Roulet the best defence he can, even if he must hold his nose to do so.

● PETER HOWELL

Insidious

Genre: Horror
Director: James Wan
Stars: Patrick Wilson, Rose Byrne, Ty Simpkins, Lin Shaye


Director James Wan and screenwriter Leigh Whannell (of Saw fame) reinvent the wail with this horror film. Patrick Wilson and Rose Byrne are Josh and Renai, parents of three children and new home owners. They've barely moved in when poltergeist tricks leave no

boo unbidden. Their 10-year-old son, Dalton, (Ty Simpkins) falls into a coma, while medical scans and pokes reveal nothing unusual about his health.

Things get worse when they opt for a new house. Surprise! The spooks follows. Time to call the exorcist! Lin Shaye shows up and announces: "It's not the house that's haunted, it's your son!" Seems Dalton has wandered into another dimension. All in all, Insidious is a serviceable shocker. ● PETER HOWELL



France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society

It's a boy! Kate welcomes new addition to family

► Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to Us Weekly.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told Entertainment Tonight she'd used a "pendulum test" to predict that the baby would be a girl.

• METRO



► Kate Hudson

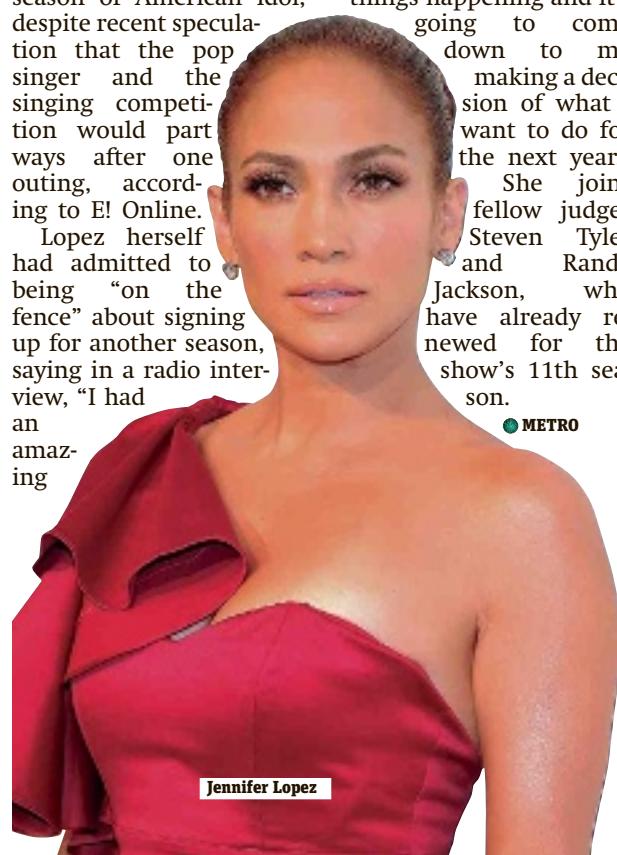
J.Lo to return to Idol: Report

Jennifer Lopez is reportedly returning for the next season of American Idol, despite recent speculation that the pop singer and the singing competition would part ways after one outing, according to E! Online.

Lopez herself had admitted to being "on the fence" about signing up for another season, saying in a radio interview, "I had an amazing

time doing it and I loved it, but I have a lot of other things happening and it's going to come down to me making a decision of what I want to do for the next year." She joins fellow judges Steven Tyler and Randy Jackson, who have already renewed for the show's 11th season.

• METRO



Jennifer Lopez



► Kate Moss

Moss cleaning up, hoping for pregnancy: Source

After marrying rocker Jamie Hince earlier this month, Kate Moss is reportedly cleaning up her act in an effort to get pregnant again, according to Hollyscoop.

Moss and Hince are currently celebrating their honeymoon in the Mediterranean on a \$15.9-million yacht on loan from Topshop owner Sir Philip Green.

"Kate peaked at her

wedding with alcohol, cigarettes and bacon butties, but Jamie wants her to become healthier as they try for a child," a source says.

"Kate's gone to the Med equipped with wheatgrass, barley grass and fish oils, with a view to getting pregnant when she comes home."

The supermodel already has one daughter, Lila Grace, with former partner Jefferson Hack. • METRO

Celebrity tweets



Just saw the most incredible concert by Eddie Vedder. What an amazing energy and talent. I predict a future in the music industry for him.
@RedHourBen



@SarahKSilverman
Cuba Gooding Jr & Matt Damon have the same smile. I've always thought this. Since I was a little girl.

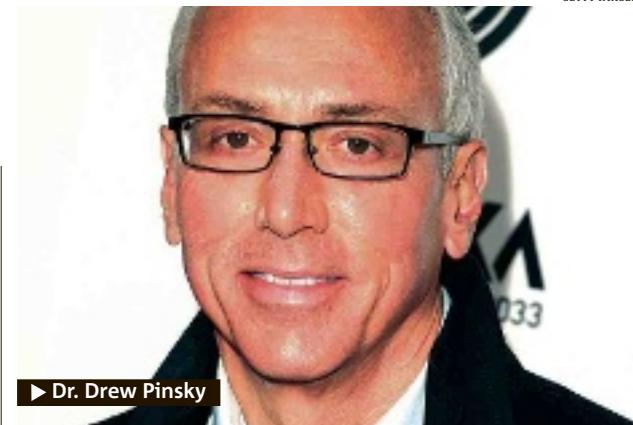


Great news! Just found out my new album is so popular that I'll DEFINITELY be a trending topic on Twitter when I die. #cant-wait
@alyankovic



I'm bringing my grandson to London to meet Pippa Middleton! Screw the 18-year age gap. They're both single, and he's a very mature 10.
@joan_rivers

Celebrity Rehab set for indefinite hiatus?



► Dr. Drew Pinsky

While the sixth season of Celebrity Rehab is currently airing on VH1, it won't be for much longer as the

amount of time." The current cast includes Michael Lohan, Amy Fisher and Bai Ling.

Pinsky's show had drawn an abundance of criticism recently in the wake of former cast member Jeff Conaway's death in May.

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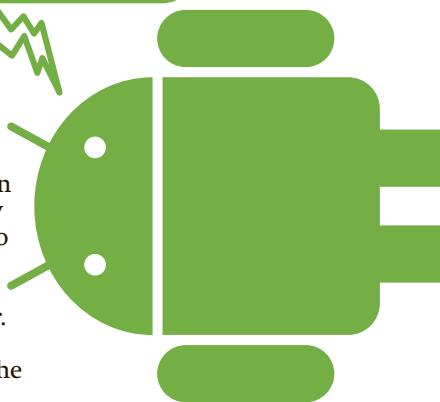
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reality series is reportedly going on indefinite hiatus, according to Radar Online.

"The decision was made to put the show on hiatus because Dr. Drew Pinsky is just too busy to continue to do the show," a source says.

"The amount of time Dr. Drew has to commit to treating celebrities on the show is a tremendous



Dealing with those stressful summers

► Those middle months are full of change and not everybody knows how to understand the pressures ► Metro speaks with an expert to get tips on how to deal with instability in life


CELIA MILNE
LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image, says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go-to-understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions, clothes, appearance or status, chances are, you won't be strong when any of these things are taken

Tips

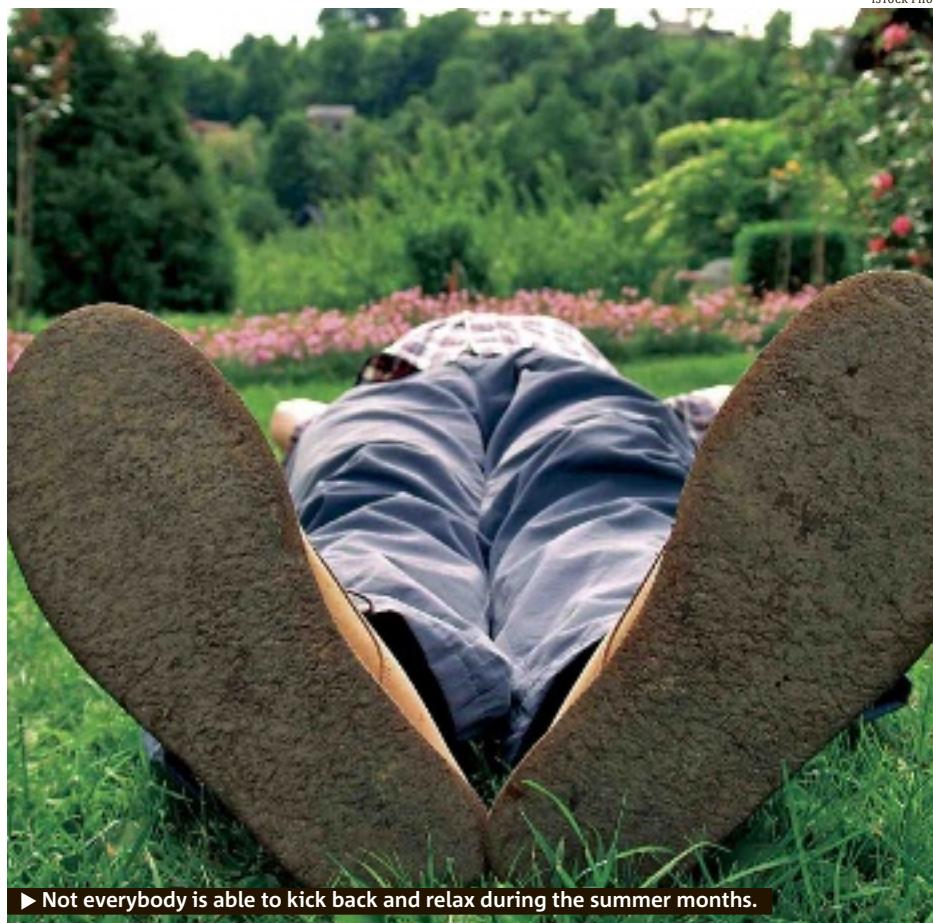
Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances
- **Laugh:** Find humour, even in stressful situations
- **Maintain perspective:** Write down your worries and see if they are rational

away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it comes whenever we have a situation we feel is be-



► Not everybody is able to kick back and relax during the summer months.

yond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal

growth."

His advice? "Be a tourist in your own town," he says. "Do cultural things, explore life with the cu-

riosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."



Beauty pick

Chantecaille's Ultra Sun Protection SPF 50

With a formula containing the anti glycation agent carnosine, this cream helps prevent unnecessary wrinkles. The extracts have anti-inflammatory agents and the oil free texture means there's no chance of a grubby, shiny face.

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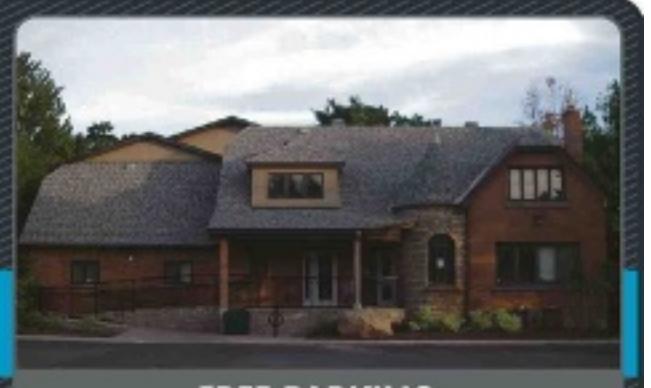
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FREE PARKING

Saving your skin from the summer sun stress

► Madonna's dermatologist Dr Fredric Brandt tells us how to give our skin a subtle summer glow without suffering from the damaging effects of the sun's rays in the long run ► Protection is key so remember your SPF



**ROMINA
McGUINNESS**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Sun exposure:
How the sun damages the skin and causes premature aging and generally causes worse health.

"Sun exposure ages our skin faster than any other element. Anyone who wishes to prevent wrinkles and maintain an even skin tone must wear an SPF of at least 30 everyday no matter where they live or their daily routine. Sun damage doesn't occur just from lying on the beach while vacationing in the Caribbean. It happens all the time. Winter and summer, sunshine and rain. One of the worst and least suspected culprits of skin damage comes from some types of fluorescent light bulbs. They can emit UVA rays that are strong enough to cause the breakdown of collagen and elastin."

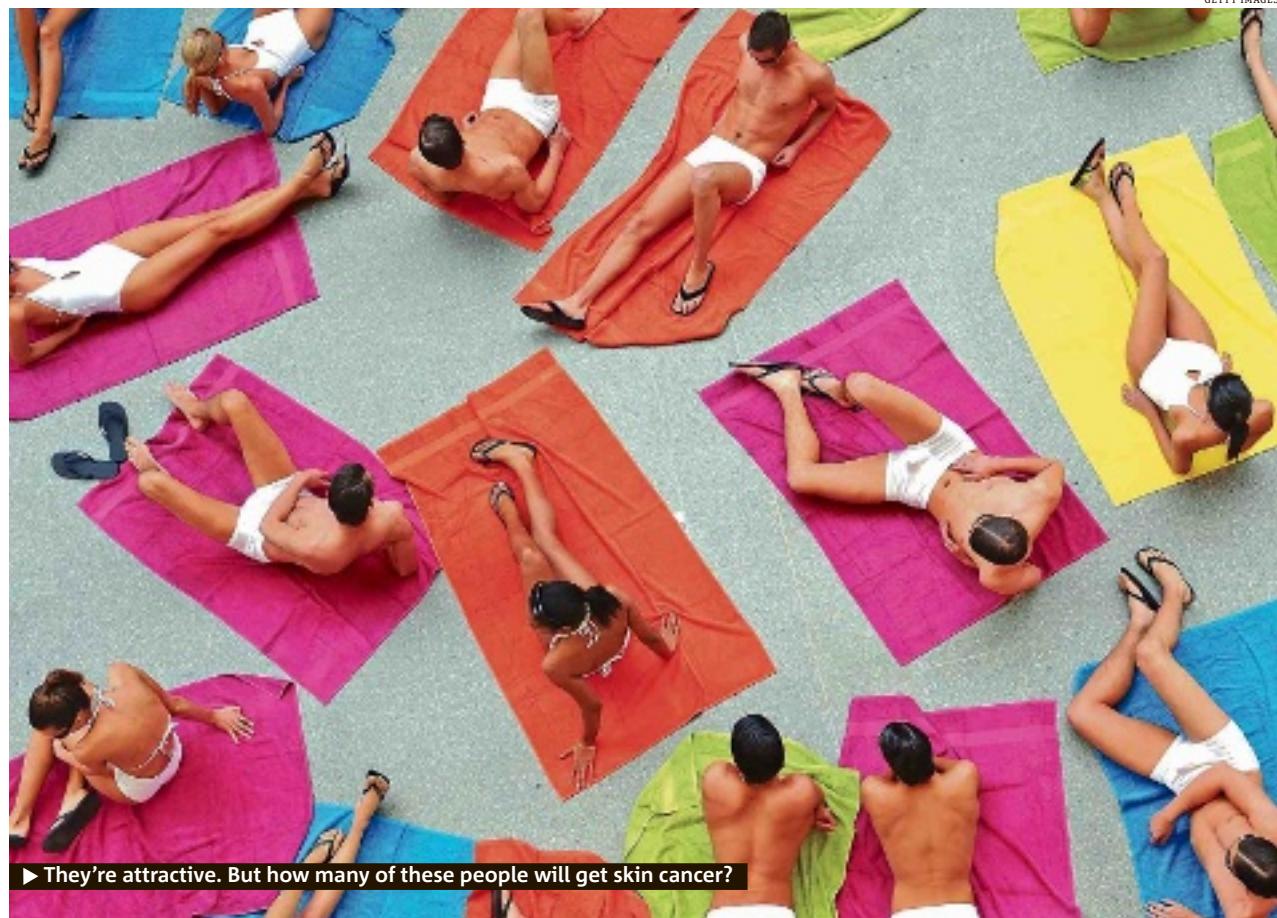
Damage control:
How sun lovers can keep their skin young and flawless throughout the summer

"The best way to get glow-

Prep your skin

- **Before sun exposure:** Apply a teaspoon worth of sunscreen to the face, neck, décolleté and ears 30 minutes before going outdoors. Wear sunscreen 365 days a year, rain or shine.
- **During sun exposure:** Continually reapply sunscreen more than once throughout the day. Check the UV index to see how much sun you are actually getting is crucial.
- **After sun exposure:** If you were burnt during sun exposure, take Advil to help reduce inflammation. Apply aloe vera or cool compresses to the affected area. To keep the sun kissed colour longer, use a gradual glow moisturizer (Jergen's Natural Glow) and remember to constantly keep your skin hydrated.

ing skin year-round is to accelerate cell turnover which will prevent dry, flaking skin and to stimulate your skin's collagen production. When you pick products, look out for ingredients such as retinols, glycolic acid and



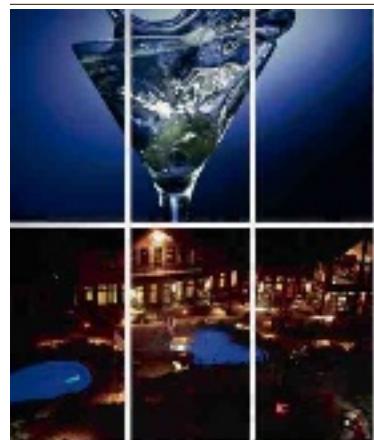
► They're attractive. But how many of these people will get skin cancer?

salicylic acid as all accelerate cell turnover and eliminate dry skin, giving you a radiant glow. Vitamin A, or retinoids are proven to

stimulate new collagen production. If you wish to extend your summer tan and sun kissed glow way into the fall, use a sunless

tanner containing Dihydroxyacetone (a harmless skin colouring agent). All sun lovers should be sure to use a broad spectrum

sunscreen 365 days a year if they are to keep their skin young and flawless, but still enjoy the sunshine."



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You need this

Nivea Sun Guide

This free app allows you to select your skin type (dry, normal, oily), tone (fair, olive, dark) location and holiday time to then figure out what SPF you should apply. It's free, so there's no excuse for sunburn at the end of the day.



Trend of the week

Veggie lollies

It's hot, sunny and we want a lolly! Savory popsicles are the new way to get your '5 a day'. We've had bacon and egg ice cream so what's there to not love about a coconut and avocado ice-lolly. Mash up some avocado, mix in coconut milk, sugar and cream. METRO

Getting kids active earlier

► British government calling for child health programs

In a new campaign against obesity, the British government issued guidelines on Monday saying that children under the age of five — including those who can't even walk yet — should exercise every day.

In its first such guidelines for children that young, the health department said kids under five who can walk should be physically active for at least three hours a day. Officials also said parents should reduce the amount of time such kids spend being sedentary while watching television or being strapped in a stroller.

The three hours of activity should be spread



throughout the day. Officials said the children's daily dose of exercise is likely to be met simply through playing but could also include activities such as walking to school.

For babies who can't walk yet, the government said physical activity should be encouraged

from birth, including infants playing on their stomachs or having swimming sessions with their parents. The government said children's individual physical and mental abilities should be considered when interpreting the advice.

"It's vital that parents introduce children to fun and physically active pastimes to help prevent them becoming obese children, who are likely to become obese adults at risk of heart disease, diabetes and some cancers," Maura Gillespie, head of policy and advocacy at the British Heart Foundation.

THE ASSOCIATED PRESS

Tips

HOW TO DEAL WITH:

DR. FEDRIC BRANDT DERMATOLOGIST

Black heads:

Blackheads are caused when dead skin cells combine with the oil glands in your skin to produce sebum. A clay mask will help absorb this oil and unclog your pores.



gen production.

Chapped Lips:

Avoid lip licking and choose Vaseline over a more waxy lip balm. Buy moisturizing balms containing natural

ingredients with little dye or fragrance and apply throughout the day. Hydrated lips will always look plumper and healthier than dry ones.

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NEW
PATIENTS
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For many of us, it does not seem that long ago that tooth loss was our only concern when it came to oral health. Losing teeth was an inconvenience for sure, but one that could be dealt with somewhat by using dentures. Certainly it could not have any other repercussions on our health! Right?

Well research has continued to prove this thought process wrong! Poor oral health has been linked to so many other health issues, such as infections and heart conditions. In addition, there is a conclusive link between poor oral health and lung disease, particularly for the elderly.

At first blush, this may seem a bit hard to believe. However, if you take a moment to stop and think about it, you can see how this might be the case.

The fact is your mouth is full of bacteria. You will never be able to remove it no matter how hard you try. In fact, you do not want to remove all of it because, in a healthy mouth, the bacteria live in a state of balance that can actually be good for our health.

The problem arises when people fail to properly brush, floss or visit their

result could be the development of a respiratory infection in an otherwise healthy lung. For individuals who already suffer from a lung condition, that condition could be exacerbated by the bacteria. The presence of the bacteria may cause a release of certain chemicals that can cause or worsen inflammation in the lungs.

Just think how easy it can be to reduce the risk of compromising the health of your lungs in this case. All you need to do is brush and floss regularly, rinse with an anti-septic mouthwash, and visit your dentist regularly and every breath you take could come that much easier! Add to that eating a healthy diet and, if you smoke, quitting that habit, and your lungs can be that much healthier.

Every breath you take is precious! So make sure you follow these easy steps to keep those breaths strong. Because protecting your lungs is a healthy habit...and healthy habits lead to healthy lives.

*Dr. Martin LaBoissonnire
- Dental Surgeon*

dentist regularly. This will result in a build-up of excessive amounts of bacteria that compromises the balance in the ecosystem of your mouth. The result is periodontal disease.

With periodontal disease, a vicious circle erupts. Gum tissue will break down at the hands of the bacteria already there, giving more available areas for bacteria to build up and access your blood stream.

Some of these unhealthy bacteria can be inhaled into your lungs. The

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa

Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Tuck into food truck eats

► As Ottawa catches up with the street food trend, Bite This is the newest hit

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Even on a chilly day, people were lining up for a bite at Bite This, one of the newest food trucks in Ottawa offering haute cuisine on the street.

On a gravel parking lot in Westboro sits this retro-fitted graffiti-painted



► Cowboy Wannabe (\$7.50).

truck, with Adirondacks in bright colours welcoming guests, and an easel presenting the whimsical menu items.

Though predictable poutine, burgers and dogs were on the menu, the other options were more interesting: Asian bites, Indian, Mexican or Mediter-

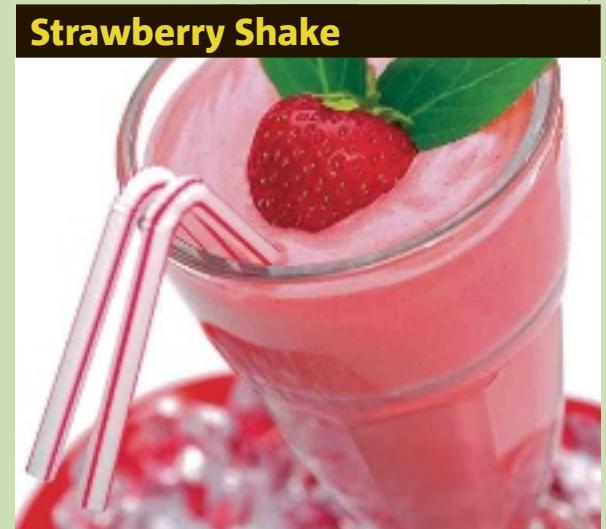
ranean-inspired chicken.

The Cowboy Wannabe was smoky, sweet and cheesy. It was filled with grilled sirloin cooked medium rare, roasted peppers blackened on the grill, caramelized onions and goat cheese served Panini-style on a toasted Ciabatta bun.

Also mouthwatering was the Thai-One-On noodle bowl that held sweet and sour chicken, cilantro and peanuts. The noodles were irresistible.

Street food just got better in this city. You can expect to see more food trucks as Ottawa catches up with the trend.

Bite This
1994 Scott St.
613-555-0000
Reservations: No
Social lunch: Yes
Client negotiations: No
Price range: \$\$
Rating: 5 out of 5



THE CANADIAN PRESS H/O
Strawberry Shake

Whirl some wonderful local strawberries with ice cream for a great shake.

If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:
1 Place all ingredients in a blender container.

Ingredients:
• 250 ml (1 cup) milk
• 500 ml (2 cups) strawberry ice cream
• 250 ml (1 cup) ripe strawberries with stems removed

CONFIDENCE: GET READY TO ACE THAT JOB INTERVIEW

CHARLES THE BUTLER



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Dear Charles:
I am about to embark on the most important interview of my business career and was

wondering if you could provide some helpful tips for a successful interview.

Shaking In My Boots

Dear Shaking In My Boots: Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-looking resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the per-

son speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by simply saying, "They're great."

Instead, demonstrate your skill level with good

examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund

company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!
HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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FIDO DOESN'T NEED COSTUMES

FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Is Fido busting your budget? The costs of pet ownership can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group

coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Wrap me in seaweed, scour me head to foot, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender re-

laxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.



► Money too tight for a spa day? Get a great home experience with a few expert tips.

gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

Teaching kids about money: Time well spent

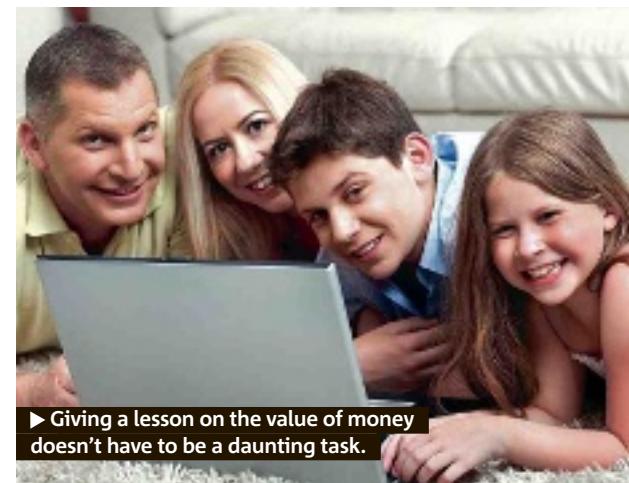
► Parents are often the best financial role models

When thinking about those important lessons you must pass on to your children, parents don't often consider money management skills. But lessons about the value of a dollar, saving and investing shouldn't be left to chance. Children's attitudes about money develop early in life, which is why the conversation about money should start at an early age.

These tips will help you get the wheels of saving and investing turning in your child's mind.

1. Use everyday life to talk about money. When you're paying for groceries with your debit card or paying a bill online, explain to your kids what you're doing and how the process works.

2. Introduce an allowance. An allowance is a great way to show children the value of a dollar, and it teaches basic budgeting and money management skills. Suggest they put aside a portion of



► Giving a lesson on the value of money doesn't have to be a daunting task.

their allowance for savings. When it's time to move those savings from the piggy bank, open a savings account for your child.

importance of putting aside money for family vacations and big ticket purchases.

NEWS CANADA

Online resources

► **Websites**, like Planet Orange, let kids discover the importance and value of money, along with other personal finance lessons, through games and activities. (planetorange.ca)

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at **Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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What's happening at a school near you

► From examining the connections between Inuit communities to testing out state-of-the-art cancer therapies, there's plenty going on in Ottawa



Carleton University library gets \$23-million facelift

Carleton University students asked for an A+ library and now they're getting one to the tune of \$23 million, thanks to the Ontario government's long-term infrastructure plan.

The money paves the way for a major overhaul of the university's MacOdrum Library, a project that will be shovel-ready come August. The province is contributing \$16 million to the plan, while Carleton is investing \$7 million.

Carleton head librarian Margaret Haines said the library facelift would allow Carleton to meet the needs of its growing student population by doubling the seating capacity

in MacOdrum Library, as well as providing additional group study rooms, display space and improving facilities for special collections.

Carleton University named in prominent academic exchange program

An associate professor at Carleton University, known for his research into Inuit communities in the Canadian Arctic, has been named to a prestigious academic exchange program aimed at strengthening Canada-U.S. relations.

Dr. Claudio Aporta, who teaches in the Department of Sociology and Anthropology, is the recipient of the Fulbright Visiting Research Chair in Canadian Studies at the University of Washington.

As part of the exchange,

Aporta will spend six months in Seattle, from January to July 2012, where he will conduct research on a project entitled The Northwest Passage and the construction of Inuit pan-Arctic Identities. He will examine a network of trails believed to have linked Inuit communities across the North American Arctic.

As part of this announcement, Carleton will host two Fulbright scholars from the United States.

Tech savvy University of Ottawa profs go paper free

Two University of Ottawa geography professors have spearheaded a project that could make grading student papers a paper-free exercise.

Robert McLeman, a professor in the Department of Geography, and Richard

Pinet, director of the Centre for e-Learning at the university, teamed up to find a way to use technology to save paper while continuing to maintain a thorough examination of student papers.

They settled on the iPad and its iAnnotate application, which lets professors correct submissions electronically. With the touch of a finger, professors can circle words, draw arrows, add highlighting and even write in comments.

University of Ottawa major partner in new lab for testing of cancer therapies

The University of Ottawa has announced it will be a major partner in a uniquely designed laboratory at the Ottawa Hospital Research Institute that will significantly speed development and testing of new cancer therapies.



► The University of Ottawa's Richard Pinet, left, Eric Crighton, centre, and Robert McLeman spearhead a paper-free student grading project using iPads.

Hospital Cancer Centre.

Up until now, there could be a wait in excess of 10 years before major research discoveries reached patients for testing. However, because of its novel approach to clinical and laboratory research, the centre is expected to reduce that time by half, or more in some cases.

I NEVER CONSERVE ENERGY WHEN IT COMES TO LEADERSHIP.

Atul Mahajan, President and CEO of Oshawa Power and Utilities Corp., knows a thing or two about being energy-efficient. His company supplies electricity to over 50,000 customers. To reduce energy losses, they utilize innovative generation solutions including harnessing solar energy. For the company to become even greener, Atul will need to use the full power of his CMA. As a leader it's his job to envision the changes ahead and then help his team make it a reality. With a CMA like Atul leading the charge, the future may be closer than you think. Visit becomeacma.com to see Atul's film.

Atul Mahajan, CMA

President & CEO
Oshawa Power and Utilities Corporation

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Jury might not hear from Clemens

► Former pitching star's defence continues to sift through jury pool

The lawyer for Roger Clemens gave his strongest hint yet that the former baseball star may not testify in his trial on charges of lying to Congress about using performance-enhancing drugs as he pressed potential jurors not to hold Clemens' silence against him.

Several members of the jury pool under selection in Washington federal court said they would weigh evidence from both sides before deciding on a verdict. The judge and Clemens' lawyer had to repeatedly explain the legal principle of innocent until proven guilty and that prosecutors alone bear the burden of proving his guilt.

"Maybe you won't get both sides," Hardin told a government consultant who indicated she wanted to hear Clemens prove his innocence. She eventually said she understood she must start off by assuming he's innocent until the government persuades her otherwise.

"Would you require him to testify to find him not guilty?" Hardin asked another panelist.

"I would like to hear from both sides," she responded.

"That's the point. Most

Jury selection

U.S. District Judge Reggie Walton plans to have prosecutors and defence lawyers exercise their pre-emptory, or unexplained, challenges today to narrow those qualified to a panel of 12 jurors and up to four alternates and then have opening arguments tomorrow.

people would," Hardin said, and then explained she can't hold it against him.

"You mean you aren't going to say anything at all?" she asked.

"We may, we may not," he said. Under coaching from Hardin, she eventually said she would find him not guilty if she had a reasonable doubt even without hearing from him.

Clemens watched without speaking during three days of intense questioning of 50 potential jurors that qualified 35 people for potential service.

Clemens is charged with six felonies for telling Congress under oath that he never used performance-enhancing drugs. He stands by the denial, but prosecutors say they can prove that is a lie.

THE ASSOCIATED PRESS



► Toronto's Jose Bautista participates in the MLB Home Run Derby in Phoenix last night.

CHRISTIAN PETERSEN/GETTY IMAGES

Bautista flames out of derby early

Toronto Blue Jays all-star Jose Bautista was eliminated from the MLB Home Run Derby in the first-round last night with just four home runs. Bautista — baseball's home run leader with 31 this season — will get a second chance to impress as the starting right-fielder for the American League in the All-Star Game tonight (Sportsnet, 7:30 p.m.).

Canadian Hesjedal still alive amidst tour mayhem

Canadian Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he's grateful he's made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones."

It's not fun."

This year's Tour has been a wild ride with competitors clipped by motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem.

"That's the harsh reality of this sport," Hesjedal said. "We don't have that luxury of a rink or a court or a field where it's pretty controlled and you know what you're

getting."

Hesjedal has been involved in several crashes himself. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him from 30th overall to 48th as he lost three minutes six seconds on the leader.

He currently stands 43rd, 9:33 back of leader Thomas Voeckler.

THE CANADIAN PRESS

Sports in brief

Russian fails doping test

TOUR DE FRANCE. Russian cyclist Alexandre Kolobnev became the first cyclist at this year's Tour de France to fail a doping test, the International Cycling Union said yesterday. The UCI said a urine sample collected from Kolobnev last Wednesday tested positive for a substance called

Hydrochlorothiazide — a diuretic that can be used as a masking agent to hide the presence of other drugs. **THE ASSOCIATED PRESS**

Raonic's drop continues after injury

TENNIS. Milos Raonic has dropped to No. 27 in the latest ATP rankings. The 20-year-old from Thornhill, Ont., was ranked 25th before suffering an injury in the second round at Wimbledon. **THE CANADIAN PRESS**



Quoted



"I'm an immigrant. I definitely would never agree with any treating of immigrants bad — the wrong way."

BOSTON RED SOX SLUGGER DAVID ORTIZ, A NATIVE OF THE DOMINICAN REPUBLIC, ON ARIZONA IMMIGRATION LAW BEFORE THE MLB HOME RUN DERBY LAST NIGHT.

THE REV. JESSE JACKSON IS URGING BASEBALL'S STARS TO SPEAK OUT AGAINST THE LAW KNOWN AS SB 1070 AT ALL-STAR GAME FESTIVITIES IN PHOENIX.



Scan code for more sports.

MAJOR LEAGUE BASEBALL**AMERICAN LEAGUE****EAST DIVISION**

	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results

No games scheduled

Sunday's results

N.Y. Yankees 1 Tampa Bay 0

Toronto 7 Cleveland 1

Boston 8 Baltimore 6

Detroit 2 Kansas City 1

Minnesota 6 Chicago White Sox 3

Texas 2 Oakland 0

L.A. Angels 4 Seattle 2

Tonight's game**All Times Eastern**

All-Star Game at Phoenix, AZ, 8:05 p.m.

Tomorrow's game

No games scheduled

ALL-STAR GAME ROSTERS**At Phoenix**

Revised rosters released by Major League Baseball for the upcoming all-star game, to be held tonight at Chase Field in Phoenix (s-starter, elected by fans; m-managers pick; p-players' selection; i-injured, will not play; r-injury replacement; f-chosen by final vote selection):

AMERICAN LEAGUE**Pitchers**

p-Josh Beckett, Boston; m-Aaron Crow, Kansas City; m-Gio Gonzalez, Oakland; p-ss-Felix Hernandez, Seattle; p-Brandon League, Seattle; p-Jon Lester, Boston; p-Alexi Ogando, Texas; p-Chris Perez, Cleveland; p-Michael Pineda, Seattle; m-i-David Price, Tampa Bay; p-Mariano Rivera, N.Y. Yankees; p-David Robertson, N.Y. Yankees; p-Ricky Romero, Toronto; p-ss-C.C. Sabathia, N.Y. Yankees; p-ss-James Shields, Tampa Bay; m-Jose Valverde, Detroit; p-ss-Justin Verlander, Detroit; r-Jordan Walden, L.A. Angels; p-Jered Weaver, L.A. Angels; m-C.J. Wilson, Texas.

Catchers

s-Alex Avila, Detroit; p-Russell Martin, N.Y. Yankees; m-Matt Wieters, Baltimore.

Infielders

p-s-Adrian Beltre, Texas; p-s-Asdrubal Cabrera, Cleveland; p-Miguel Cabrera, Detroit; s-Robinson Cano, N.Y. Yankees; s-Adrian Gonzalez, Boston; s-i-Derek Jeter, N.Y. Yankees; p-Howie Kendrick, L.A. Angels; p-Faul Koneko, Chicago White Sox; r-Jhonny Peralta, Detroit; s-i-Alex Rodriguez, N.Y. Yankees; r-Kevin Youkilis, Boston.

Outfielders

s-Jose Bautista, Toronto; m-Michael Cuddyer, Minnesota; p-Jacoby Ellsbury, Boston; s-Curtis Granderson, N.Y. Yankees; s-Josh Hamilton, Texas; p-Matt Joyce, Tampa Bay; p-Carlos Quentin, Chi. White Sox.

Designated Hitters

s-David Ortiz, Boston; p-Michael Young, Texas.

NATIONAL LEAGUE**EAST DIVISION**

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results

No games scheduled

Sunday's results

Florida 5 Houston 4

Philadelphia 14 Atlanta 1

Pittsburgh 9 Chicago Cubs 1

Washington 2 Colorado 0

Milwaukee 4 Cincinnati 3

St. Louis 4 Arizona 2

L.A. Dodgers 4 San Diego 1

San Francisco 4 N.Y. Mets 2

Tonight's game**All Times Eastern**

All-Star Game at Phoenix, AZ, 8:05 p.m.

Tomorrow's game

No games scheduled

NATIONAL LEAGUE**Pitchers**

m-Heath Bell, San Diego; m-ss-Matt Cain, San Francisco; m-Tyler Clippard, Washington; p-Kevin Correia, Pittsburgh; p-Roy Halladay, Philadelphia; p-ss-Cole Hamels, Philadelphia; p-Joel Hanrahan, Pittsburgh; p-Jair Jurrjens, Atlanta; p-Clayton Kershaw, L.A. Dodgers; p-Craig Kimbrel, Atlanta; p-Cliff Lee, Philadelphia; p-Tim Lincecum, San Francisco; p-Jonny Venters, Atlanta; m-Ryan Vogelsong, San Francisco; p-Brian Wilson, San Francisco.

Catchers

s-Brian McCann, Atlanta; p-Yadier Molina, St. Louis; m-Miguel Montero, Arizona.

Infielders

m-Starlin Castro, Chicago Cubs; s-Prince Fielder, Milwaukee; p-j-Chipper Jones, Atlanta; p-Brandon Phillips, Cincinnati; s-i-Placido Polanco, Philadelphia; s-i-Jose Reyes, N.Y. Mets; t-s-Scott Rolen, Cincinnati; m-Gaby Sanchez, Florida; m-Pablo Sandoval, San Francisco; p-Troy Tulowitzki, Colorado; p-Joey Votto, Cincinnati; s-Rickie Weeks, Milwaukee.

Outfielders

m-Carlos Beltran, N.Y. Mets; s-Lance Berkman, St. Louis; s-i-Ryan Braun, Milwaukee; p-Jay Bruce, Cincinnati; r-Andre Ethier, L.A. Dodgers; p-Matt Holliday, St. Louis; s-Matt Kemp, L.A. Dodgers; r-Andrew McCutchen, Pittsburgh; p-Hunter Pence, Houston; m-Justin Upton, Arizona; f-j-Shane Victorino, Philadelphia.

CALENDAR

Tonight — All-Star game, Phoenix.

July 24 — Hall of Fame induction, Cooperstown, N.Y.

July 31 — Last day to trade a player without securing waivers.

CFL**WEEK THREE****EAST DIVISION**

	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Thursday's game**All Times Eastern**

Calgary at Winnipegs, 8 p.m.

Friday's game

Toronto at Montreal, 7:30 p.m.

Saturday's games

Saskatchewan at Hamilton, 4 p.m.

B.C. at Edmonton, 7 p.m.

SCORING LEADERS

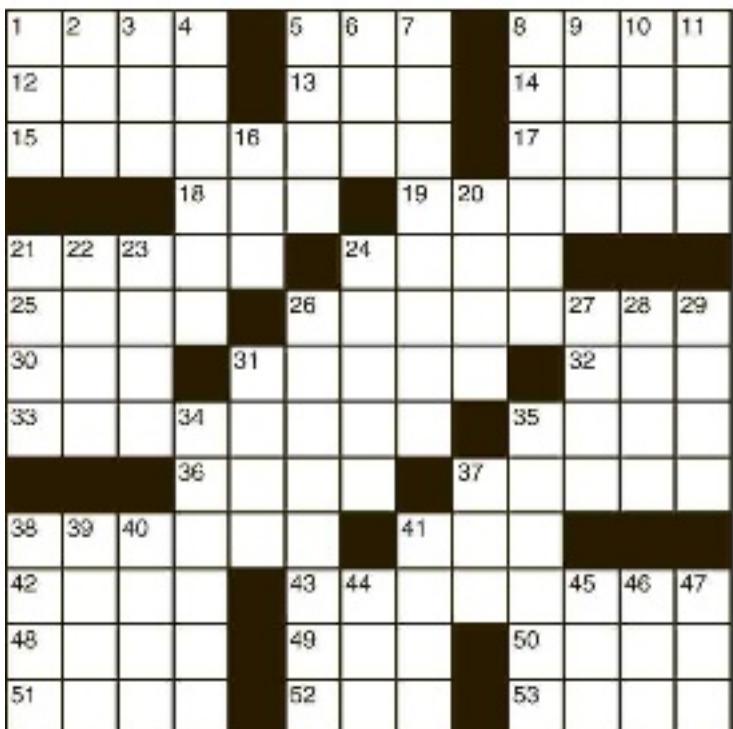
(x-scored two-point convert):

TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	23
Duval, Edm	0	8	4	22
McCallum, BC	0	4	6	0
Whyte, Mtl	0	8	4	21
Prefontaine, Tor	0	3	6	0
E.Johnson, Sask	0	6	3	21
Medlock, Ham	0	2	4	0
Barnes, Edm	2	0	0	0
Bratton, Mtl	2	0	0	0
Brown, BC	2	0	0	0
Cates, Sask	2	0	0	0
Cornish, Cal	2	0	0	0
Green, Mtl	2	0	0	0
Messam, Edm	2	0	0	

Crossword

Across

1 Food list
5 Lumox
8 Glitz partner
12 Shakespeare's river
13 Under the weather
14 Relaxation
15 Corsage flower
17 Karaoke need
18 Tattooist's supply
19 Need for water
21 Released
24 100 (Sp.)
25 Statutes
26 Jon Arbuckle's cat
30 Noshed
31 Fortuneteller's deck
32 Extinct bird
33 Military post
35 Shade of color
36 Not 13-Across
37 Garbage vessel
38 Jungle expedition
41 Intend
42 Tiger Woods' ex
43 Chickpea
48 McNally partner
49 That guy
50 Bank transaction
51 Vicinity
52 Attempt
53 Advantage



Down

1 Periodical, for short
2 Actress Longoria
3 Neither mate
4 Intimate apparel
5 Pig's call
6 "The Greatest"
7 Pressing need?
8 Zodiac twins

9 Den
10 Requests
11 Encounter
16 Conclusion
20 Weight
21 Old Glory, e.g.
22 -tat-tat
23 Basin accessory
24 Yuletide song
26 Old-fashioned illumination
27 Eastern potentate
28 Protracted
29 Appointment
31 Layer
34 Kigali's country

35 Mexican entree
37 Clothes protector
38 Antitoxins
39 Winged
40 OK
41 Host
44 Melody
45 Affirmative action?
46 Sharp turn
47 Inseparable

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

**Aries** March 21-April 20

Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.

Taurus April 21-May 21 You may have every right to get your own back on a rival but it will lead to more bad feeling.

Gemini May 22-June 21 You may need to bluff your way through a situation.

Cancer June 22-July 22 Take that first small step, then just keep walking.

Leo July 23-Aug. 23 If you

know what you want you will surely find a way to get it — but do you know what you want?

Virgo Aug. 24- Sept. 22 Fate is clearly pointing you in a particular direction but you want to take a completely different path.

Libra Sept. 23-Oct. 23 A Mars-Mercury link will help you reach out to people you love and trust.

Scorpio Oct. 24-Nov. 22 You will know with the utmost clarity today what needs to be done.

Sagittarius Nov. 23-Dec. 21 What happens today will remind

you that the world is full of many different kinds of people.

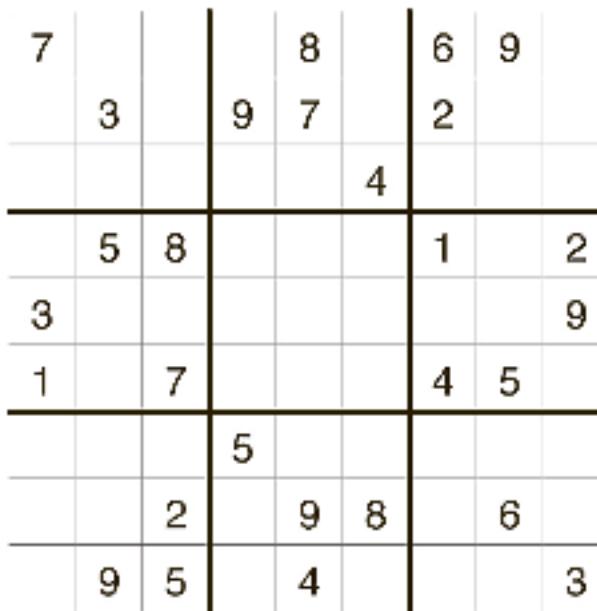
Capricorn Dec. 22-Jan. 20 You will notice a change in the way you think about certain issues.

Aquarius Jan. 21-Feb. 18 Resist the temptation to be blunt or rude — it will turn people against you.

Pisces Feb. 19-March 20. You don't have to follow the latest fad or fashion but you do have to realize that the world moves on quickly.

• SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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Caption contest



"Dodge-ball death match. Two men enter, one man leaves!"

DAVE



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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To my dearest brother, i would like to thank you for enlightening the last 9 years of my life. Giving, Wonderfull, True as well as Caring is what you've been ever since i first saw you. This is my way of saying happy birthday and best wishes from me to YOU <3 I LOVE YOU
FROM JAMILA

Be the real Prince u are This long dist rel is not easy..we kno we cannot escape, tried many times but tied unbreakable..how mnay times have u heard of such an existance? this is special and very unusual. two special words - trust and faith - is all we can remember. stay intact - not an inch here not there..be the real prince u can be. i am right here :)

FROM YOUR LOV



BROCKVILLE
1000 Islands Mall
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CORNWALL
Cornwall Square
(613) 936-2083

GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA
Hazeldean Mall
(613) 271-1153

Kanata Centrum Shopping Centre
(613) 599-9690

KINGSTON
Catarqui Town Centre
(613) 634-9897

Kingston Centre
(613) 546-6043
122 Princess St.
(613) 549-0315

NEPEAN
Merivale Market
(613) 224-3827

2-130 Riocan Ave.
(613) 823-9240

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA
901 Carling Ave.
(613) 238-7533

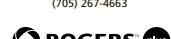
695 Somerset St. W
(613) 820-7782
104 Bank St.
(613) 230-0202

PEMBROKE
Pembroke Mall
(613) 732-1602

670 Pembroke Street West
(613) 732-1602

TIMMINS
Timmins Square
(705) 267-3400

950 Riverside Dr.
(705) 267-4663



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KANATA
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